



Generalitat de Catalunya
Departament d'Ensenyament
Institut Pla de les Moreres



Erasmus+

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Vilanova del Camí, 29th October 2019

Dear Sir/Madam,

We are glad to share with you the undermentioned agenda of the First Short-Term Exchange of our common Erasmus+ KA229 project "Stay healthy and connected to the offline world" which will be held in Vilanova del Camí from 25th to 29th November 2019.

We would also like you to know this timetable may suffer some further small alterations or changes due to unforeseen or unexpected circumstances beyond our control.

1st SHORT-TERM EXCHANGE AGENDA

Stay Healthy and Connected to the Offline World Project 'Building a Stress-free School'

Vilanova del Camí, Catalonia, Spain 25th – 29th November 2019

25.11.2019, MONDAY		
TIME	STUDENTS	TEACHERS
16:00	Pickup from Barcelona (bus)	
17:00	Reception in Vilanova del Camí	
17:30	Departure to guest houses	Departure to hotel

26.11.2019, TUESDAY		
TIME	STUDENTS	TEACHERS
08:00	Reception at school	
08:15	TedTalk Conference (5-6 min per school): Spain, Sweden, Croatia Moderated by Spanish students	
08:35	Discussion in groups	

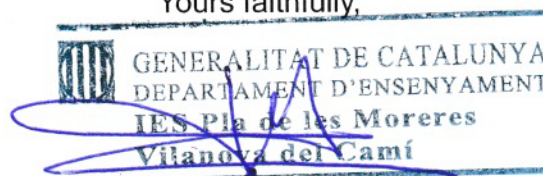
09:00	Presentation of the solutions in front of the rest of students and teachers	
09:15	Break	
09:30	TedTalk Conference (5-6 min per school): Poland, Turkey Moderated by host school students	
09:45	Discussion in groups	
10:00	Presentation of the solutions	
10:15	Goals and draft for the manifesto : " <i>Solutions to stress in schools</i> "	
11:00	Break	
11:30	Destressing lessons: - <i>Acrosport</i> - <i>Lego constructions</i> - <i>Relaxation techniques</i>	<i>Coordinators' meeting</i>
13:15	Preparation of the <i>poster exhibition</i> at Can Muscons	
17:00	Workshop at Can Muscons	
18:00	Official Poster Exhibition Opening "Building a Stress-free School" at Can Muscons	
18:30	Departure to guest houses	Departure to hotel

27.11.2019, WEDNESDAY		
TIME	STUDENTS	TEACHERS
08:00	Reception at school	
08:15	Departure to Barcelona (bus)	
10:00	<u>Students group 1</u> : Cultural Gymkhana in Barcelona's Gothic Quarter	<u>Students group 2</u> : Guided visit to Casa Batlló
11:30	<u>Students group 1</u> : Guided visit to Casa Batlló	<u>Students group 2</u> : Cultural Gymkhana in Barcelona's Gothic Quarter
13:00	Lunchtime	
16:30	Departure to Vilanova (bus)	
17:30	Arrival in Vilanova	
20:30	Students/teachers/families dinner at school	
08:30	Departure to Barcelona (bus)	

28.11.2019, THURSDAY			
08:00	Reception at school		
08:10	Destressing lessons: <ul style="list-style-type: none"> - Cooking - Gardening - Hiking: get to know Vilanova's flora 		
09:30	Departure to Capellades (bus)		
10:00	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><u>Students group 1: Guided visit and workshop at Museu Paperer (Capellades)</u></td> <td style="width: 50%;"><u>Students group 2: Guided visit and workshop at Neanderthal site Abric Romaní (Capellades)</u></td> </tr> </table>	<u>Students group 1: Guided visit and workshop at Museu Paperer (Capellades)</u>	<u>Students group 2: Guided visit and workshop at Neanderthal site Abric Romaní (Capellades)</u>
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13:30	Departure to Vilanova		
19:00	Exhibition/show at Can Papasseit theatre/facilities		
20:30	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Departure to guest houses</td> <td style="width: 50%;">Departure to the hotel</td> </tr> </table>	Departure to guest houses	Departure to the hotel
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29.11.2019, FRIDAY	
08:00	Reception at school
08:30	Departure to Barcelona (bus)

Yours faithfully,



Mr. Josep Martí Brocal
Headmaster of Institut Pla de les Moreres